The Lord is like a strong tower, where the righteous can go and be safe.
Proverbs 18:10

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Be alert, stand firm in the faith, be brave, be strong.
1 Corinthians 16:13

PNP probes Cavite suspects' links to store heists

The Philippine National Police (PNP) was looking into possible links between four suspects arrested in connection with a convenience store robbery in Trece Martires City, Cavite and other similar cases across Luzon.

PNP Chief Gen. Jose Melencio Nartatez Jr. directed police regional offices in Luzon to review recent robbery cases involving convenience stores following the arrest of an Army corporal who was reportedly on absence without official leave (AWOL) and three other suspects.

The four were arrested on Sept. 24 at a hotel in Catanauan, Quezon.

"We will look into how the group operated, where they obtained their firearms, and whether their actions were connected to other incidents," Nartatez said in a statement.



NARTATEZ

"Any skills or training acquired in the service must never be used to harm the public or violate the law," he stressed.

The PNP said the development was being closely examined in light of an earlier investigation into a group of four unidentified armed men allegedly behind at least 17 robbery, hold-up and theft incidents in Calabarzon and Metro Manila. In March, police said the group had robbed four convenience stores in Antipolo, Teresa and Pililla, Rizal from March 1 to 2.

The same group was also being linked to previous robberies involving other stores in Pateros, Batangas, Laguna, Cavite and Quezon.

Police were checking whether the newly arrested suspects were connected to those incidents. Investigators were also tracing the source and ownership of the firearms and explosives seized during the operation to determine whether these were used in previous crimes.

The suspects were facing robbery charges as well as violations of the Comprehensive Firearms and Ammunition Regulation Act, and Republic Act 9516, involving firearms and explosives.

Police recovered second carnapped vehicle

Police recovered the second of three vehicles reportedly carnapped in Quezon City in 2024 during an operation in Dasmariñas, Cavite on Sept. 25.

The Quezon City Police District (QCPD) had earlier located the first vehicle on Aug. 15, 2026.

District Anti-Carnapping Unit (DACU) personnel found the Toyota Hilux in Diamond Village, Barangay Salawag, after receiving information that it had been seen in the area.

The three vehicles were reportedly taken in May 2024 from Commonwealth Nissan along Commonwealth Avenue in Barangay Holy Spirit, Quezon City.

Police said the recovery of the Hilux resulted from continued intelligence gathering, verification, and coordination.

The vehicle was in the possession of a man identified as Rolando, who told police that alias "Ondoy" had allegedly mortgaged it to him for P600,000.

After being informed that the Hilux was involved in a carnapping complaint, Rolando voluntarily surrendered the vehicle to authorities.

The vehicle is now under DACU custody for documentation, verification, and further legal disposition.

DIYARYO KABITENYO
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ARNULFO BARCO
(May 14, 1951 - September 2, 2024)
Founder

GENER BARCO
Publisher-Editor

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New tick-borne virus explains negative tests for known illness

Scientists in China, led by the State Key Laboratory of Pathogen and Biosecurity in Beijing, have discovered a previously unknown tick-borne orthonairovirus named Asian longhorned tick nairovirus (ALTNV), which causes a flu-like illness characterized by fever, fatigue, gastrointestinal symptoms, and unusual laboratory results.

A finding reported in the New England Journal of Medicine that emerged from efforts to understand why about 30% of patients with symptoms suggestive of Dabie bandavirus (DBV) infection test negative for the tick-borne hemorrhagic fever responsible for severe fever with thrombocytopenia syndrome (SFTS), a potentially deadly disease with a case-fatality rate of 10% to 30% where thrombocytopenia refers to an abnormally low level of platelets, the blood cells involved in clotting, and the World Health Organization has identified DBV as a priority pathogen for research.

To investigate these unexplained cases, researchers collected samples from people who had been bitten by ticks and were treated at sentinel hospitals in regions of China where tick-borne viruses are known to circulate, using RNA sequencing and viral isolation to detect the previously unknown virus, while genetic analyses placed ALTNV within the orthonairovirus genus in the family Nairoviridae with proteins sharing less than 80% of their amino acids with those of other species in the genus to support its identification as a distinct virus, and laboratory experiments exposing cells to human serum containing ALTNV RNA showed the virus grew and was identified as ALTNV using immunofluorescence to detect viral antigens.

With electron microscopy revealing features typical of orthonairoviruses and additional experiments showing that the virus could replicate in several types of cells.

Among 3,163 patients included in the study, 10.4% tested positive for ALTNV based on the presence of viral RNA or immunoglobulin M antibodies, which can indicate a recent infection, and the proportion was even higher among people who tested negative for DBV, in that group, 15.1% were positive for ALTNV, while among patients infected only with ALTNV, the most common symptom was fatigue, reported by 84%, gastrointestinal (GI) problems occurred in 80%, while 38% developed thrombocytopenia, and elevated aminotransferase concentrations were found in 36% (indicating inflammation or injury of the liver or other tissues; (36%), and these patients ultimately recovered completely.

Researchers also identified 38 patients who were infected with both ALTNV and DBV, and compared with people infected only with DBV, those with both viruses experienced respiratory symptoms more often, affecting 61% compared with 38%, and kidney impairment was also more common in coinfected patients, occurring in 84% compared with 66%, with seven of the 38 coinfected patients dying, representing 18.4% of that group.

Furthermore, the researchers also tested 47,428 ticks collected from 15 provinces where ALTNV RNA was present in 1.3% of them, and the highest prevalence was found in Haemaphysalis longicornis, commonly known as the Asian longhorned tick, with 1.8% testing positive, while laboratory experiments provided further evidence that this tick species can spread the virus by showing that H longicornis was capable of transmitting ALTNV to mice.

Because ALTNV and DBV occur in the same regions and can be spread by the same tick vector, the researchers say distinguishing between the two infections could become increasingly important, and as the authors concluded, "The cocirculation of ALTNV and DBV in the same areas, coupled with their shared tick vector, underscores the need for improved differential diagnosis between infections with these viruses in regions where SFTS is endemic."

REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
4TH JUDICIAL REGION
BRANCH 109
CITY OF CARMONA, CARMONA
2nd Flr., Hall of Justice Bldg., Brgy. Maduya,
City of Carmona, Cavite
Email add: rtc2cac109@judiciary.gov.ph;
Tel. No. (046) 4828527

METROPOLITAN BANK & TRUST COMPANY ("Metrobank or the "Bank"),
Mortgagee,

EJF-2026-53
FOR: APPLICATION FOR EXTRA JUDICIAL FORECLOSURE OF REAL ESTATE MORTGAGE UNDER ACT 3135, AS AMENDED

-versus-

MARK LOUIE C. VALENCIA,
Mortgagor/Debtor.
x----------x

NOTICE OF SHERIFF'S SALE

Upon Extra-Judicial petition for sale under Act No. 3135, as amended by Act 4118 filed by the mortgagee, METROPOLITAN BANK & TRUST COMPANY ("Metrobank or the "Bank"), with postal address at G.T. Tower International, 6813 Ayala Ave., corner H.V. Dela Costa St., Brgy. Bel-Air Makati City 1227, against MARK LOUIE C. VALENCIA, with postal address/es at (1.) Lot 7 Block 25 Waling- Waling St., Carmona Estates Phase 9, Brgy. Lantic, Carmona, Cavite; and (2.)23- C Cordillera Street, Brgy. Highway Hills, Mandaluyong City, and for the satisfaction of the mortgaged debt which as of 20 July, 2026 amounts to FIVE HUNDRED FIFTY-EIGHT THOUSAND FIVE HUNDRED NINETY-SIX PESOS AND 02/100 (P558,596.02) Philippine Currency, exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned or his duly authorized representative will SELL at public auction on **October 22, 2026** at 1:00 o'clock in the afternoon at the Lobby of the Hall of Justice Building, Brgy. Maduya, City of Carmona, Cavite to the highest bidder for CASH or MANAGER'S CHECK, in Philippine currency, the mortgaged property/ies with all the improvements thereon to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-2015012435

IT IS HEREBY CERTIFIED that certain land situated in BARRIO OF LANTIC, MUN. OF CARMONA, PROVINCE OF CAVITE, ISLAND OF LUZON, bounded and described as follows:

"A PARCEL OF LAND (LOT 7, BLK. 25 OF THE CONS. AND SUBD. PLAN PCS- 04-024651, BEING A PORTION OF THE CONS. OF LOTS 3-D-1 TO 3-D-3, PSD-04-198246; 3-E & 3-F, PSD-04-111368; 14, PSU-101203 & 856, CAD-285, CARMONA CADASTRE, L.R.C. RECORD NO. 52711 & 2165), SITUATED IN BARRIO OF LANTIC, MUN. OF CARMONA, PROVINCE OF CAVITE, ISLAND OF LUZON. BOUNDED ON THE NW., ALONG LINE 1-2 BY LOT 5, BLK. 25; ON THE NE., ALONG LINE 2-3 BY ROAD LOT 9; ON THE SE., ALONG LINE 3-4 BY LOT 9, BLK. 25 AND ON THE SW., ALONG LINE 4-1 BY LOT 6, BLK. 25 ALL OF THE CONS. AND SUBD. PLAN. BEGINNING AT A PT. MARKED "1" ON PLAN. BEING S. 23 DEG. 51'W., 2111.67 M. FROM BLLM # 2, MUN. OF CARMONA CAVITE. THENCE N. 77 DEG. 38'E., 11.00 M. TO PT. 2; THENCE S. 12 DEG. 22'E., 8.00 M. TO PT. 3; THENCE S. 77 DEG. 38' W., 11.00 M. TO PT. 4; THENCE N. 12 DEG. 22' W., 8.00 M. TO THE PT. OF BEGINNING, CONTAINING AN AREA OF EIGHTY EIGHT (88) SQUARE METERS, MORE OR LESS. ALL PTS. REFERRED TO ARE INDICATED ON THE PLAN AND ARE MARKED ON THE GROUND BY P.S., CYL. CONC. MONS. 15X40 CMS; BEARINGS TRUE; DATE OF ORIGINAL SURVEY; JAN. 24 TO 27, 1936, & AUG. 1940 TO MAY 1941, AND THAT OF THE CONS. AND SUBD. SURVEY, OCT. 1-15, 2007 & WAS APPROVED ON DECEMBER 19, 2008."

xxxNOTHING FOLLOWSxxx

Prospective buyers and/or bidders are hereby enjoined to investigate for themselves the title of the said property and the encumbrance thereon, if there be any.

All sealed bids must be submitted to the undersigned on the above-stated time and date.

In the event the public auction should not take place on the said date and time, it shall be held on **October 29, 2026** at the same time and place without further notice.

26th day of August, 2026 at
City of Carmona, Cavite.

By:

(Sgd.) **JOSEPH R. DIOKNO**
Sheriff IV

Noted by:

(Sgd.) **ATTY. CORINNA B. SALONGA-LOPERA**
Clerk of Court VI & Ex-Officio Sheriff

Copy furnished:

METROPOLITAN BANK & TRUST COMPANY
G.T. Tower International
6813 Ayala Ave., corner H.V. Dela Costa St.
Brgy. Bel-Air, Makati City 1227

MARK LOUIE C. VALENCIA
1. Lot 7 Block 25 Waling-Waling St.
Carmona Estates Phase 9, Brgy. Lantic
Carmona, Cavite

2. 23-C Cordillera Street, Brgy. Highway Hills,
Mandaluyong City

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 14, 21 & 28, 2026

Family history shapes how depressed children process emotions

New research from Binghamton University's Mood Disorders Institute suggests that depression influences how strongly children focus on emotional expressions, a pattern that differs based on whether the child has a family history of depression.

By studying developing vulnerabilities, researchers aim to identify risk factors early, a goal highlighted by Brandon Gibb, director of the institute and SUNY distinguished professor of psychology, who noted, "Most of the vulnerabilities that we focus on are still developing during this time period," and explained, "You can catch things as they're developing, rather than only studying them once they're already there and pretty stable."

While earlier research linked depression to attention toward sad faces, it was unclear if biased attention caused depression or resulted from it, a gap this study addressed by examining "transactional relations," as lead author Kelly Gair described: "Between attentional biases and depressive symptoms, we looked at the way that they were mutually predicting one another across the time points, which is especially novel and hasn't been done before."

Following 242 children and their mothers for two years using eye-tracking technology, the team found that for children of mothers with a history of major depressive disorder, rising depressive symptoms were associated with greater attention to sad faces; Gibb explained, "For those who are already at risk, the more these children experience depression themselves, the more they lose their ability to pull their attention away from the sad things around them."

Gair added, "We know that when you're depressed, it changes what you pay attention to," noting that for these high-risk children, "these changes may be more long-lasting and may differ depending on family history," potentially because "exposed to more facial displays of sadness from interactions with their mom, these types of facial expressions become even more salient when they experience depression themselves, so their attention becomes increasingly stuck on sad expressions."

Conversely, among children of mothers without depression, increasing symptoms were linked to less attention to happy faces rather than more to sad ones; Gibb interpreted this as, "In our lower-risk children, what seems to be happening is that experiences of depression are eroding a protective factor, which is how much they pay attention to happy faces."

EXTRAJUDICIAL SETTLEMENT OF ESTATE of Late ROSA P. PANGILINAN and FLACIDO PANGILINAN

NOTICE is hereby given that the estate of the deceased **ROSA P. PANGILINAN** and **FLACIDO PANGILINAN** who both died intestate on July 27, 1942 and on October 29, 1940 both at General Emilio Aguinaldo, Cavite, consisting of a parcel of land located at Brgy. Batas-Dao, Gen. E. Aguinaldo, **Cavite,** covered by Tax Declaration No. 06-0005-00261, containing an area of ELEVEN THOUSAND THREE HUNDRED EIGHTY FIVE (11,385) SQUARE METERS has been adjudicated and extrajudicially settled by and between their heirs on April 21, 2021 at Trece Martires before Notary Public Atty. Agustin B. Cabredo and entered in his Notarial Register as Doc. No. 229; Page No. 53; Book No. VI; Series of 2021.

(Sgd.) **Both Heirs**

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 21, 28 and October 5, 2026

EXTRAJUDICIAL SETTLEMENT OF ESTATE OF DECEASED AURORA SANTARIN VIADO WITH WAIVER OF RIGHTS

NOTICE is hereby given that the estate of the deceased **AURORA SANTARIN VIADO** who died intestate on March 24, 2022 at Imus, Cavite, consisting of her one-third (1/3) undivided share over two (2) parcels of land including all the improvements constructed thereon covered by Transfer Certificates of Title Nos. T-447482 and T-330080 of **RD-Cavite** has been adjudicated and extrajudicially settled by and among her heirs with waiver of rights in favor of EVELYN S. VIADO and CORINA S. VIADO in pro-indiviso equal shares on August 17, 2026 at City of Imus before Notary Public Atty. Carlos Emmanuel C. Montoya and entered in his Notarial Register as Doc. No. 86; Page No. 19; Book No. XX; Series of 2026.

Thumbmarked and signed by Heirs

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 21, 28 and October 5, 2026

Republic of the Philippines
Province of Cavite

MUNICIPALITY OF MENDEZ-NUÑEZ OFFICE OF THE MUNICIPAL CIVIL REGISTRAR

CCE-0042-2026 RA 10172

In compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guideline in the Implementation of the Administrative Order No. 1 Series of 2012 (IRR on RA 10172), Notice is hereby served to the public that **ALEX CATIBAYAN DIMARANAN** has filed with this Office, a petition for **Correction of Clerical Error in Date of Birth** from **FEBRUARY 20, 1963** to **FEBRUARY 26, 1963** in the Certificate of Live Birth of **ALEX TIBAYAN DIMARANAN** at Mendez, Cavite and whose parents are **MAXIMIANO PEREÑA DIMARANAN** and **CONCHITA LINA TIBAYAN.**

Any person adversely affected by said petition may file his written opposition with this office not later than **October 05, 2026.**

(Sgd.) **NOREN A. PEROLA**
Municipal Civil Registrar

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 21 & 28, 2026

EXTRAJUDICIAL SETTLEMENT OF ESTATE OF THE DECEASED SPOUSES ISIDRO PRODIGALIDAD VINZON AND FILOMENA DRAGON VINZON WITH WAIVER OF RIGHTS

NOTICE is hereby given that the estate of the deceased **SPOUSES ISIDRO PRODIGALIDAD VINZON** AND **FILOMENA DRAGON VINZON** who both died intestate on January 24, 2007 and on January 27, 2002 in Los Angeles, California and San Bernardino, California, respectively, consisting of certain parcel of land located at Caridad, **Cavite City** covered by Transfer Certificate of Title No. 071-T-9369 of the Registry of Deeds for Cavite City, containing an area of THIRTY-SIX SQUARE METERS (36), MORE OR LESS has been adjudicated and extrajudicially settled by and among their heirs with Waiver of Rights in favor of ROMEO D. VINZON on June 9, 2026 at Imus City, Cavite before Notary Public Atty. Carlos Emmanuel C. Montoya and entered in his Notarial Register as Doc. No. 464; Page No. 94; Book No. XVIII; Series of 2026.

(Sgd.) **ROMEO D. VINZON for himself and as Attorney-in-Fact of ESTRELLA VINZON LINCH, DELIA M. VINZON and ARMIDA R. VINZON**

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 21, 28 and October 5, 2026

EXTRAJUDICIAL SETTLEMENT OF THE ESTATE OF THE LATE FRANCISCO S. GARCIA and HENENA S. IGO WITH WAIVER OF RIGHTS

NOTICE is hereby given that the estate of the late **FRANCISCO SAMPOT GARCIA** and **HENENA SANCHEZ IGO** who both died intestate on 21 March 2007 at General Trias, Cavite and on 2 March 1993, respectively, both residents of Barangay San Francisco, General Trias City, Cavite at the time of their deaths, consisting of a parcel of agricultural land situated in the Bo. of Buenavista, Municipality of General Trias, Province of Cavite with an area of EIGHT THOUSAND ONE HUNDRED FIFTY TWO (8,152) square meters covered by Transfer Certificate of Title No. EP-339 under Tax Declaration No. 242-0015-09737 has been adjudicated and extrajudicially settled by and among their heirs in pro-indiviso equal shares with waiver of rights, interest and participation in favor of EMELITA IGO GARCIA on September 14, 2026 at Dasmarinas City, Cavite, Philippines before Notary Public Atty. Miriam S. Clorina and entered in her Notarial Register as Doc. No. 251; Page No. 51; Book No. 353; Series of 2026.

(Sgd.) **All Heirs**

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 21, 28 and October 5, 2026

RA9048 Form 10.1

Republic of the Philippines
Local Civil Registry Office
Province: Cavite
City/Municipality: Naic

NOTICE FOR PUBLICATION

In compliance with Section 5 of RA9048, a notice is hereby served to the public that REYNALIZA N. TOLEDO has filed with this Office, a petition for **Change of First name** from **REYNALITA** to **REYNALIZA** in the birth certificate of REYNALIZA NUESTRO TOLEDO who was born on 07 October 1982 at Naic, Cavite and whose parent/s is/are PUNZALAN, ANITA and NUESTRO, REYNALDO.

Any person adversely affected by said petition may file his written opposition with this Office not later than **05 October 2026**.

(Sgd.) **MARGARITA ACOSTA CATIBAYAN**
C/MCR or D/CR

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 21 & 28, 2026

Natural compound from pomegranates boosts heart function by 80%

Researchers at King's College London have discovered that urolithin A—a natural compound the body produces after consuming foods such as pomegranates, walnuts, and some berries—may improve heart function by up to 80% in experimental models of a form of heart failure with relatively few treatment options.

The team found that the compound helps the heart relax more effectively, reduces fibrosis (harmful scarring), and limits harmful enlargement of heart muscle cells, findings that could eventually benefit nearly half a million people in the UK living with heart failure with preserved ejection fraction (HFpEF).

This condition, which accounts for roughly half of all heart failure cases, occurs when the heart can still pump blood but becomes too stiff to relax properly between beats, making it harder to fill with blood and causing breathlessness, fatigue, reduced exercise capacity, and poorer quality of life; it is difficult to manage because many factors contribute to it—including aging, high blood pressure, and diabetes—and traditional heart failure treatments are less effective since the heart continues to pump normally, so clinicians tend to focus on treating underlying conditions and recommending lifestyle changes such as weight loss and better blood sugar control. As Dr. Joseph Burgoyne, the study's senior author at King's College London, noted: "This type of heart failure is becoming increasingly common as populations age and rates of obesity and diabetes rise.

Despite its growing burden, treatment options remain limited because the disease is complex and varies considerably between patients." Urolithin A

Turn to page 5

REPUBLIC OF THE PHILIPPINES
PROVINCE OF CAVITE
MUNICIPALITY OF TANZA
LOCAL CIVIL REGISTRY OFFICE

NOTICE OF PUBLICATION

In compliance with Sec. 5 of Rep. Act No. 9048, a notice is hereby served to the public that **JENICA G. GREPO** has filed with this office a petition for **CHANGE OF FIRST NAME** from **"JENNIFER" to "JENICA"** in the Certificate of Live Birth of one, JENNIFER G. GREPO, who was born on January 29, 1997 at Tanza, Cavite and whose parents were EDNA S. GUTIERREZ & EPIFANIO U. GREPO.

Any person adversely affected by said petition may file his written opposition with this Office not later than **1st October 2026**.

(Sgd.) **OFELIA U. ARGUSON**
OIC-Municipal Civil Registrar

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 21 & 28, 2026

Republic of the Philippines
OFFICE OF THE MUNICIPAL CIVIL REGISTRAR
Indang, Cavite

In the matter of Change of First Name in the Certificate of Live Birth (SECPA) of

AGATON VIDALLO

CFN-0005-2026

ANTHONY S. VIDALLO
Petitioner

NOTICE OF PUBLICATION

There is a petition filed for the **change of first name** in Certificate of Live Birth **(SECPA)** of **AGATON VIDALLO** from **"AGATON"** to **"ANTHONY ".**

NOTICE IS HEREBY GIVEN that any interested person is cited to notify this office and show cause why the same should not be granted.

Let this NOTICE be published at least once a week for two (2) consecutive weeks in a newspaper of general circulation as required under Section 5 of Republic Act No. 9048.

(Sgd.) **MERCI A. CHAVEZ**
Municipal Civil Registrar

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 28 and October 5, 2026

RA10172 Form 10.1

Republic of the Philippines
Local Civil Registry Office
Province: Cavite
City/Municipality: Naic

NOTICE FOR PUBLICATION

In compliance with the publication requirement and pursuant to OCRG Memorandum Circular No. 2013-1 Guidelines in the implementation of the Administrative Order No. 1 Series of 2012 (IRR on RA10172), Notice is hereby served to the public that **NATIVIDAD V. CAYAS** has filed with this Office, a petition for **correction of clerical error to correct the child's date of birth** from **DECEMBER 25, 1956** to **DECEMBER 24, 1955** in the Certificate of Live Birth of **NATIVIDAD VIÑAS CAYAS** who was born on 25 December 1955 at Naic, Cavite and whose parent/s is/are TEOFILA TEJANO and GREGORIO VIÑAS.

Any person adversely affected by said petition may file his written opposition with this Office not later than **12 October 2026.**

(Sgd.) **MARGARITA ACOSTA CATIBAYAN**
C/MCR or D/CR

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 28 and October 5, 2026

RA9048 Form 10.1

Republic of the Philippines
Local Civil Registry Office
Province: Cavite
City/Municipality: Tanza

NOTICE FOR PUBLICATION

In compliance with Section 5 of RA9048, a notice is hereby served to the public that Leonora T. Mercado has filed with this Office, a petition for **Change of First name** from **AGAPITA** to **LEONORA** in the birth certificate of **Agapita Tamio Mercado** who was born on 16 March 1968 at Tanza, Cavite and whose parent/s is/are Tamio, Lucila, Torres and Mercado, Roberto, Del Pilar.

Any person adversely affected by said petition may file his written opposition with this Office not later than **12 October 2026.**

(Sgd.) **OFELIA UBALDO ARGUSON**
C/MCR or D/CR

Publication : DIYARYO KABITENYO News Publishing Service
Dates : September 28 and October 5, 2026

(NATURAL...from page 4)

has attracted growing interest because of its links to healthy aging and mitochondrial function, the body's energy-generating process, and in a research first the scientists discovered that it activates a protein called PKGIα—which plays an important role in blood vessel function and heart muscle relaxation—by targeting a specific amino acid on the protein and triggering a pathway associated with cardiovascular benefits.

In animal models, treatment improved measures of heart function by as much as 80% compared with untreated controls, while laboratory experiments showed enhanced tissue relaxation, reduced fibrosis, and less enlargement of heart muscle cells; the researchers also tested the compound in engineered human heart tissue grown from stem cells, a cutting-edge model closely mimicking human heart muscle, where urolithin A significantly improved relaxation, suggesting the effects seen in animals could potentially translate to human cardiac function.

Unlike many experimental compounds, urolithin A has already been studied in humans and shows a favorable safety profile, though more research will be required before the findings can lead to patient treatments. Dr. Burgoyne added: "This type of heart failure remains one of the most challenging forms of heart disease to treat. Our findings identify a completely new therapeutic target and show that urolithin A can activate this pathway to improve heart relaxation and reduce disease severity.

This raises the exciting possibility of developing new treatments that improve clinical outcomes and quality of life for people living with the condition. While there isn't enough evidence to suggest that people should eat pomegranates to treat heart failure, these findings raise the possibility that dietary approaches that enhance urolithin A production may help alleviate this condition."

Professor James Leiper, Director of Research at the British Heart Foundation, which funded the study published in Science Advances, said: "Heart failure with preserved ejection fraction (HFpEF) makes up roughly half of all heart failure cases in the UK, and can be debilitating.

This early-stage study in experimental models suggests that urolithin A may help to improve the heart tissue's ability to relax and fill with blood between beats, reducing the harmful changes to the heart muscle seen in HFpEF. While these findings are promising, the benefits have so far been seen in animals and engineered human tissue, so clinical trials involving people are needed to test if this approach is effective for patients.

In the meantime, a healthy, balanced diet remains one of the best ways to look after your heart. Eating plenty of fruit and vegetables is linked to better heart health, but it's important to remember that no single food can prevent or treat heart disease on its own.

New study suggests breast cancer screening risk is far lower than previously thought

Breast cancer screening can sometimes identify cancers that would never have caused symptoms or threatened a woman's health during her lifetime—a phenomenon known as overdiagnosis, which has long been considered one of the potential drawbacks of screening.

For decades, researchers have debated how often overdiagnosis actually occurs, with estimates from randomized trials differing sharply and some studies suggesting that 30-50% of breast cancers detected through screening could fall into this category, figures that have influenced international discussions about both the benefits and possible harms of population-based breast cancer screening.

"The aim of our study was to bring together the evidence from all randomized controlled trials to get a clearer picture of the extent of overdiagnosis in breast cancer screening," says Sisse Helle Njor, professor at University of Southern Denmark and Lillebælt Hospital, who continues: "Randomized trials have often been cited as evidence that overdiagnosis is a substantial problem.

Our study shows that this interpretation is not as straightforward as it may seem." To investigate the issue, the team combined and reanalyzed results from all randomized trials of mammography screening—specifically the New York Health Insurance Plan, Malmö, Two-County, Edinburgh, the Canadian National Breast Screening Study, Stockholm, Gothenburg, and UK Age—and compared them with data from two regional screening programs in Denmark, examining both invasive breast cancer and ductal carcinoma in situ (DCIS).

Denmark offered a useful real-world reference because organized breast cancer screening began in some regions 17 years earlier than in others, allowing researchers to track how breast cancer diagnoses changed immediately after screening was introduced and how those patterns evolved over longer periods.

The researchers found that the additional breast cancer cases detected in randomized trials closely resembled patterns seen in Denmark, where overdiagnosis associated with screening is estimated to be below 5%. Explaining why earlier estimates were inflated, Elsebeth Lynge, professor emerita at Department of Public Health, University of Copenhagen, notes: "When screening is introduced, the number of breast cancer diagnoses initially rises because cancers are detected earlier than they would have been without screening. Over time, this should be followed by a drop, as some of these cancers would otherwise have been diagnosed later.

This pattern can also be affected if women in either group continue to undergo screening after the trials had ended, which was common. If researchers do not take these factors into account, the initial increase can be mistaken for overdiagnosis."

By comparing breast cancer incidence at matching points in time in the randomized trials and in Denmark's routine screening programs, the team assessed whether the patterns were similar and what those similarities might reveal about the true scale of overdiagnosis, concluding that accounting for these timing effects can substantially change estimates of how often mammography identifies cancers that would otherwise never have caused a problem.

Matejka Rebolj, Senior Epidemiologist, Queen Mary University of London, adds: "Taken together, we believe some previous high estimates of overdiagnosis, which influenced screening guidelines and communication, were based on evidence before trial data had fully matured.

When interpreted in their full temporal context, randomized trial data are consistent with overdiagnosis of less than five percent, rather than with estimates nearing 50%."

Because understanding both the benefits and potential downsides of screening is important for women deciding whether to participate in breast cancer screening programs, Sisse Helle Njor concludes: "Most women will not develop breast cancer, but with this study we can now be reassured that the benefits of detecting breast cancer early and preventing premature death will outweigh the small risk of unnecessary treatment," adding, "With this in mind, we hope this study will provide a framework for a more realistic interpretation of the evidence and help us better inform women when they are invited for screening."

Cat DNA analysis reveals shared cancer drivers with humans

Scientists have taken a major step toward understanding cancer in cats, opening what researchers once described as a genetic "black box." In a large international study published in Science, researchers genetically analyzed cat cancers on a scale that had not been attempted before.

The work could improve cancer care for cats while also helping scientists better understand how some cancers develop in humans and other animals. The researchers also created a freely available resource that other scientists can use to study the genetics of feline cancer. Cancer is one of the leading causes of illness and death in cats, yet scientists have historically known far less about the genetic changes behind feline tumors than they do about cancers in humans or dogs.

Dr. Geoffrey Wood, a University of Guelph pathobiology professor and co-senior author of the study, said that gap has now begun to close. "Despite domestic cats being common pets, there was very little known about the genetics of cancer in these animals," Wood says, "until now." Researchers examined tumor samples from almost 500 domestic cats in five countries, searching for mutations and other genetic changes that help cancers form and grow.

Many cancers are driven by changes in certain genes that normally help control how cells grow, divide, repair damage, or die. When these genes are altered, cells can begin multiplying uncontrollably. Scientists often refer to genes that contribute directly to tumor growth as cancer driver genes.

The team found that many of the driver genes involved in cat cancers were also familiar from human and dog cancers. One of the clearest examples appeared in aggressive mammary cancers, which arise in breast tissue.

The most common driver gene found in cat mammary tumors was FBXW7. More than 50 percent of the tumors examined carried a mutation in this gene. FBXW7 normally helps regulate proteins involved in cell growth and division. When the gene is damaged, some of those growth promoting proteins can accumulate, potentially helping cancer cells survive and spread.

In humans, mutations in the FBXW7 gene in breast cancer are associated with worse prognosis - paralleling the change seen in cats. Researchers also identified similarities between cat and human cancers affecting the blood, bones, lungs, skin, gastrointestinal system and central nervous system. The similarities may be especially useful because domestic cats often live in the same environments as people.

Cats can encounter some of the same environmental factors as their owners, including household chemicals, air pollutants, smoke and other exposures that may influence cancer risk. Studying naturally occurring cancer in pets could therefore help researchers investigate how genetics and the surrounding environment interact.

"This study can help us understand more about why cancer develops in cats and humans, how the world around us influences cancer risk, and possibly find new ways to prevent and treat it," says Wood.

The genetic findings could also have implications for treatment. Researchers found that certain chemotherapy drugs were more effective against cat mammary tumors carrying the mutated FBXW7 gene. The result was observed only in tissue samples, so it does not yet show that the same approach will work in living cats or people.

Still, the finding suggests that genetic information could eventually help doctors and veterinarians identify treatments that work better for particular tumors.

This type of approach is known as precision oncology. Instead of treating every cancer of the same general type in exactly the same way, precision oncology uses the molecular and genetic features of an individual tumor to help guide therapy. "Having access to such a large set of donated tissues allowed us to assess drug responses across tumor types," says Dr. Sven Rottenberg, co-senior author at the University of Bern, "in a way that hasn't been possible at this scale before."

Bailey Francis, co-first author at the Wellcome Sanger Institute, said the findings could also have implications for dogs. "When knowledge and data flows between different disciplines, we can all benefit."

The project brought together researchers from the Wellcome Sanger Institute, U of G's Ontario Veterinary College, the University of Bern and other institutions. Rather than collecting all new samples, the team sequenced DNA from tissues that veterinarians had already obtained for diagnostic purposes.

That allowed scientists to study naturally occurring cancers from a large number of cats and compare the genetic patterns among different tumor types. The findings also support a broader research strategy known as One Medicine.

The One Medicine approach emphasizes that human and veterinary medicine can inform one another.

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Does quitting ultra-processed food help ease depression?

A small preliminary study from UC San Francisco, published Sept. 23 in JAMA Psychiatry and funded by the National Institutes of Health, adds to mounting evidence that eating fewer ultra-processed foods may help reduce symptoms of depression, marking what researchers believe is the first study to compare depression symptoms in the same participants before and after they moved from their usual ultra-processed diet to healthier foods.

Although the pilot study included only 20 people, senior author Andrew Krystal, MD, Ray and Dagmar Dolby Distinguished Professor in UCSF's departments of Psychiatry and Behavioral Sciences and Neurology, noted that it "successfully established the viability of carrying out this research in a larger-scale trial."

Participants, who had an average age of 44, were 70% female, and while 14 also had anxiety, everyone had a high BMI and at least one metabolic disorder such as hypertension, diabetes, or elevated LDL cholesterol.

The study divided participants into two groups, one stayed on its usual diet for four weeks while the other switched to a diet low in ultra-processed foods, with participants selecting and buying their own food with guidance from the research team, and after four weeks, the groups switched diets.

By cutting their intake of ultra-processed foods—which include packaged snacks, fast food, sugary drinks, and other industrially manufactured foods that may contain preservatives, artificial coloring, flavor enhancers, and emulsifiers—by more than 85%, participants showed moderate to large improvements across three different measures of depression, with anxiety scores also improving modestly.

Corresponding author Nyasha Chagwedera, MD, PhD, assistant professor in the UCSF Department of Psychiatry and Behavioral Sciences, explained the difficulty of this dietary shift, stating, "Reducing the amount of ultra-processed food in our diet can be challenging, because it's highly palatable, cheap, and convenient," and adding, "Ultra-processed food triggers dopamine, the pleasure hormone, which promotes craving.

Food companies work with scientists to find just the right amount of sugar, salt, and fat that make you want to eat more and more."

The fresh scent of clean may be filling your home with invisible nanoparticles

A room that smells like citrus, pine, or flowers is often associated with cleanliness. Those familiar scents, however, can signal chemical reactions taking place in the air. Research led by Brandon Boor at Purdue University found that fragrance compounds released by both conventional cleaners and botanical essential oil-based products can rapidly react indoors and generate nanoparticles. If inhaled, some of these extremely small particles can penetrate deep into the lungs.

The researchers say exposure can be reduced by choosing unscented products, improving ventilation with exhaust fans or open windows, and avoiding devices that generate ozone while scented cleaning products are being used.

The researchers presented their results at the fall meeting of the American Chemical Society (ACS) during the "Healthy Indoor Spaces: Bridging the Microbiome and Chemistry" symposium in McCormick Place. "Importantly, cleaning removes viruses and bacteria from surfaces, but it can also generate invisible air pollution.

There's no visible dust or smoke in the air, but these particles are forming," said Brandon Boor. He added, "We showed that indoor ozone reactions with fragrances from cleaning produce nanoparticles that carry a respiratory dose comparable to, or greater than, what you would experience from standing outside along a busy road."

Boor, an Assistant Professor of Civil and Construction Engineering at Purdue University who studies indoor air quality, noted, "The particles are different in terms of their composition, but the total dose can be higher. You're not seeing smoke, dust, or haze in the air. Instead, you think the air smells great so it must be clean."

Boor began investigating how cleaning agents and chemical disinfectants affect indoor environments during the COVID-19 pandemic with his colleague Nusrat Jung, a Purdue Assistant Professor of Civil and Construction Engineering. One feature quickly stood out: many of the products people use to clean and disinfect indoor spaces contain strong fragrances. "That's often to create a pleasant smellscape in the indoor space," says Boor.

"But clean air should not smell like highly concentrated citrus fruit. It should not really smell of anything." Scientists who study the atmosphere have long known that compounds released by plants can react with ozone. Terpenes such as pinene from pine trees, for example, can participate in reactions that generate tiny airborne particles.

Over time, those particles can combine and grow until they become large enough to help seed clouds. That chemistry proceeds relatively slowly in forests because the amount of terpenes in outdoor air is generally low. Indoors, the situation can be very different. Scented cleaners release terpenes when fragrance compounds evaporate from sprayed droplets or cleaned surfaces.